New Castle Wellness Initiative

Community Survey

	Age:	30-39_	- - :	40-49	22- 50-	29 59		
Residence:								
☐ Historic New Castle or Please	fill-in yo	our neighl	oorhood	name or	approxima	te location b	elow	
Wellness Questionnaire:								
			Very Good	Good	Average	Needs Improvem	Non ent exist	
My knowledge/understanding about healthy food a	nd nutrit	tion is:						
My knowledge/understanding about maintaining a	healthy v	weight is:						
My knowledge/understanding about exercise is:								
		Pers	onal well	ness coa	ch (e.g. phy	ysical trainer	, nutrition	nist,.
Product packaging/labeling/advertisements	i							nist,
Product packaging/labeling/advertisements Are you concerned about maintaining a healtl	hy weigl	ht for you	or famil			O Yes	O No	nist,
Product packaging/labeling/advertisements Are you concerned about maintaining a healtl Do you get the recommended 150 minutes pe	hy weigl er week	ht for you of exercis	or famil e?				O No O No	nist,
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I would be more likely to walk, jog, rollerblade, skateboard, bike, etc. if... ...there were more walking trails. ...the trails/sidewalks/routes went to... o my school. o my work place. o the bank. o the library. o the pharmacy a grocery or convenience store. other destination ...there was sufficient lighting. ...I had a map or the routes were more clearly marked. ...I felt safer (from auto vehicles or crime). ...there were clearly marked bicycle lanes. ...other I would be more likely to eat healthy foods if... ...there were more healthy choices in my neighborhood or within a mile of my home. □ ...there were in-store promotions to buy fresh produce. ...there was a local farmers market. ...there were nearby restaurants that featured healthy food and beverage choices. ...there were nearby restaurants that featured healthy portion size. ...other Please name your nearest park _ _, and rate it for the following: Safety poor adequate good very good Lighting adequate good very good poor Safe route to get there adequate good very good poor Bicycle rack _adequate_ good very good poor Play equipment in good condition adequate good very good poor Pleasant landscape _adequate_ poor _good_ very good Landscape maintenance _adequate_ poor _good_ very good Shade adequate _good_ very good poor Seating for rest poor _adequate_ good very good Cigarette butts w/in 20 ft. of the playground adequate good very good poor How often do you use the park? □ more than once per week about twice per month monthly never

Return competed survey to:

Andrea Trabelsi

Delware Greenways • 1910 Rockland Road • Wilminton, DE 19803

Please complete the following sentences by checking all that apply.

Phone: 302-655-7275 ● Fax: 302-655-7274 ● E-mail: atrabelsi@delawaregreenways.org

Thank you for taking the time to provide this important information.